**Health Improvement Training**

Organised and run by

**Public Health, Health Improvement Team**

**COURSE INFORMATION**

**HEALTH IMPROVEMENT TRAINING**

The Health Improvement Training was developed by the Bradford Health Improvement Team in response to the needs of the community in terms of nutritional information.

The Health Improvement Training consists of 5 weekly classroom based sessions and provides participants with basic health improvement knowledge on a number of topics including: the eatwell plate; portion sizes; food labelling; fats and sugars; budgeting & menu planning; behaviour change and physical activity for health.

**Tutors**

Each course will be run by two tutors from the Public Health, Health Improvement Team. There will also be a number of guest speakers on each course.

**How long does the course last?**

The course runs one day a week for 5 weeks and starts at 9.30 till 4pm

**Who is the course for?**

The course is aimed at people who may need to provide nutritional advice as part of their role either on a one-to-one basis or in a group setting or with families and individuals in their community settings. The course also provides all the skills to be able to run cook & eat sessions.

**Lesson plan**

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|  | **Health Improvement Training** | **Date & Venue** |
| **Day 1****9.30 – 4.00** | Introductions to the courseBackground to obesityNCMP dataObesity causes and consequencesEat Well GuideEnergy balance and physical activityEvidence based messages | 27th April, 2017Room 104Sir Henry Mitchell House |
| **Day 2****9.30 – 4.00** | Healthy and Unhealthy FatsSugarPortion sizes Nutrition through the ages & stages | 4th May, 2017 Room 104Sir Henry Mitchell House |
| **Day 3****9.30 – 4.00** | Food labelling SaltBudgeting Meal planningEating out guideFood choicesCultural, religious and ethical diets | 11th May, 2017 Room 104Sir Henry Mitchell House |
| **Day 4****9.30 – 4.00** | Habits & triggersGoal setting and rewardsBehaviour changeNutrition recapGroup presentations on the eatwell guide | 18th May, 2017Room 104Sir Henry Mitchell House |
| **Day 5****9.30 – 4.00** | Effective group facilitationRole of a good facilitatorEffective listening skillsLearning StylesLesson planning | 25th May, 2017 Room 104Sir Henry Mitchell House |

You will need to keep this document for your reference throughout the course.

It is important to attend all the sessions; however should you not be able to attend due to illness, or other unavoidable circumstances, please inform the Health Improvement Team: 01274 435387